



Down Syndrome Achievement Centers
educate. inspire. believe.

Leaps and Bounds Purposeful Programs Hippos Go Berserk!

Introductions—Welcome song, today's plan

Story/Fine Motor

- Songs with movement (gross motor): **Hippo Song**
(<https://www.youtube.com/watch?v=eHwMSxc-mrU>)
- **Hippos Go Berserk** (book)- Hippo parade
- **Fine Motor: Paper Plate Hippo** (glue, 2 paper plates, grey marker or crayons or paint, grey construction paper, black marker, marshmallows)

Gross motor: Hula Hoop relay (just need a hula hoop, can also make a circle on the floor with a blanket/towels)

Fine Motor/Sensory Activity: Animal/Hippo Washing Activity Need a container of sudsy/soapy water and a sponge plus several rubber/washable animals.

Gross Motor: Balloon catch (need a balloon, cone- either a plastic cone or can make one from paper).

Fine Motor: Hungry Hippos (marbles or other small item to pick up and “feed” your hippo, a cup or bowl, tweezers or tongs are optional)

Gross motor: Hippos in the Wild (a box your child could step over, a bucket, a pillow)

Goodbye song (tune of Baa Baa Black Sheep), review take-home

Materials needed at home:

- **Paper plate hippo**- glue, 2 paper plates, grey marker/crayon/paint, light grey or white construction paper, black marker, marshmallows, scissors
- **Hippo Wash**- bucket/container or sudsy/soapy water, rubber/washable animals
- **Balloon catch**- balloon, traffic cone or homemade cone to “catch” with
- **Hula Hoop** – if you don't have one can make a circle on the floor with towels
- **Hungry Hippos**- marbles or other small item to “feed” the hippo, cup or bowl, tweezers or tongs are optional
- **Hippos in the Wild**- box to step over, pillow, large laundry bucket

Parent Take Home

Our homes and yards are filled with all we need for loads of fun and gross/fine motor practice!

1. **Balloon games:** What can be more fun than balloons. Hang a balloon on a string from the ceiling or have your child “blow” the balloon through an obstacle course. Want more? See <https://www.howweelearn.com/awesome-balloon-games-kids/>
2. **Marshmallow Hippo:** This just looked fun, use large marshmallows for the body and head and small ones for the legs. Connect the marshmallows with toothpicks!
3. **Giant building boxes:** Most of us have used amazon a lot lately—make good use of all those boxes for stacking/reaching/lifting. (Thanks to busytoddler.com)
4. **Hippo Paperbag Puppet:** My kids loved puppets and you can make a simple one with a paper bag- loads of fine motor fun plus make believe games afterwards!

